



Southwestern Shepherd's Pie

Prep time: 30 minutes

Cook time: 30 minutes

Makes: 6 Servings

Ingredients

1/4 cup chicken stock

2 tablespoons cornstarch

1 cup corn

3 cups Spinach, cooked, drained, chopped

3 cups Cauliflower, cooked & pureered

12 ounces tomato sauce

1 ounce shredded cheddar cheese

12 ounces ground turkey

1 tablespoon Cumin seeds

8 ounces water

Directions

1. Pre-heat oven to 375 degrees F.
2. Peel, chop, and steam squash until tender, then puree.
3. Cook turkey until thoroughly done, crumble and drain well. Toast cumin seeds lightly in frying pan for about 1 minute.
4. Combine chicken stock, water, and cornstarch in a saucepan and make a slurry (thick mixture).
5. Steam frozen spinach until heated thoroughly. Drain WELL. Then chop into bite size pieces
6. Peel and finely chop onion and combine with chopped spinach.
7. Spoon just enough tomato sauce into bottom of a large deep dish baking pan to cover the bottom, 1/4 to 1/2 cup.
8. Pour turkey over tomato sauce in pan. Sprinkle with toasted cumin seeds.
9. Next layer corn and beans over the turkey, top with small amount of tomato sauce.
10. Make a layer of squash, then a layer of spinach, and lastly a layer of cauliflower, cover with aluminum foil.
11. Bake for 20 to 30 minutes until thoroughly heated and internal temperature reached 165 degrees F.
12. Sprinkle lightly with cheddar cheese and place back in oven for 5 to 10 minutes or until cheese is melted.
13. Portion and serve.

Source: Columbiana Middle School (Recipes for Healthy Kids Competition)